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**ASUHAN KEBIDANAN PADA IBU BERSALIN FISIOLOGIS
“Penatalaksanaan Kompres Hangat dan Masase Effleurage Untuk
Mengurangi Nyeri Persalinan Kala 1 Fase Aktif”**

ABSTRAK

Nyeri persalinan merupakan pengalaman subjektif tentang sensasi fisik yang terkait dengan kontraksi uterus, dilatasi dan penipisan serviks, serta penurunan janin selama persalinan. Respon fisiologis terhadap nyeri meliputi peningkatan tekanan darah, denyut nadi, pernapasan, keringat dan ketegangan otot, dampak nyeri persalinan mengakibatkan iskemia pada plasenta sehingga janin akan kekurangan oksigen selain itu terjadi penurunan efektifitas kontraksi uterus sehingga memperlambat kemajuan persalinan. Salah satu upaya untuk mengurangi nyeri persalinan adalah dengan metode non farmakologis yaitu dengan kompres hangat dan masase effleurage. Intensitas nyeri persalinan dapat berkurang dengan pemberian kompres hangat dan masase effleurage karena dapat menghasilkan hormon endorfin yang membuat rasa nyaman sehingga intensitas nyeri berkurang. Asuhan ini bertujuan untuk mengurangi intensitas nyeri persalinan kala I fase aktif. Metode ini diberikan selama interval waktu 30 menit tiap kontraksi menggunakan buli-buli hangat suhu 34°-37°C sambil dilakukan masase pada perut ibu pengukuran nyeri menggunakan NRS (Numeric Rating Scale). Subjek asuhan ini adalah 5 responden pada kala 1 fase aktif. Rata-rata hasil asuhan sebelum dilakukan kompres hangat dan masase effleurage sebesar 7,4 sedangkan rata-rata setelah dilakukan sebesar 3,8. Dapat disimpulkan bahwa dengan penatalaksanaan kompres hangat dan masase effleurage dapat mengurangi nyeri pada saat proses persalinan kala 1 fase aktif

Kata Kunci: Nyeri Persalinan, Kompres Hangat dan Masase Effleurage, Ibu Bersalin

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**MIDWIFE CARE IN PHYSIOLOGICAL LABOR WOMEN
"Management of Warm Compresses and Effleurage Massage to Reduce Labor
Pain during Active Phase 1"**

ABSTRACT

Labor pain is a subjective experience of physical sensations associated with uterine contractions, cervical dilatation and effacement, and fetal descent during labour. Physiological responses to pain include increased blood pressure, pulse, breathing, sweating and muscle tension, the impact of labor pain results in ischemia of the placenta so that the fetus will lack oxygen besides that there is a decrease in the effectiveness of uterine contractions thereby slowing the progress of labor. One effort to reduce labor pain is non-pharmacological methods, namely warm compresses and effleurage massage. The intensity of labor pain can be reduced by giving warm compresses and effleurage massage because it can produce endorphins that make you feel comfortable so that the pain intensity decreases. This care aims to reduce the intensity of labor pain during the first active phase of labor. This method is given during an interval of 30 minutes for each contraction using a warm bladder at 34°- 37° C while doing massage on the mother's abdomen for pain measurement using the NRS (Numeric Rating Scale). The subjects of this care were 5 respondents during the first active phase. The average outcome of care before warm compresses and effleurage massage was 7.4 while the average after it was done was 3.8. It can be concluded that the management of warm compresses and effleurage massage can reduce pain during the active phase of the 1st stage of labour.

Keywords: Labor Pain, Warm Compress and Effleurage Massage, Maternity Mother